

Even though I some things are hard for me, I can do lots of things if I learn how. I can try the things below to help me do my best each day:

Because I understand pictures and things that are written down:

- I can use pictures and lists to learn.



Because I can learn small bits at a time:

- I will be most successful if hard things are broken into steps to help me learn them.



Because I like routines:

- I will like to do the same things at the same time or to have a schedule to let me know what to expect.
- It will help to have reminders if things will change, so I'm ready for the change.



Because it is hard knowing what to say:

- I can work with adults to learn what is and what is not okay to say.



Because it is hard making friends:

- I can work with adults and other kids to practice making friends.



## Helping Children Learn About Autism

*The goal of this brochure is to help children with autism spectrum disorders have a better understanding of autism. Specifically, this brochure was designed with three primary goals:*

- 1) *Help children understand what autism is.*
- 2) *Help children learn what autism means specifically for them*
- 3) *Help children learn how to help themselves.*

*This brochure provides information that is helpful for any child who has been diagnosed with an autism spectrum disorder. The brochure is meant to be read with an adult who can answer questions and talk about the issues that arise while learning about autism..*



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# I have Autism...



## what is that?

**Riley**  
Hospital  
for Children  
.....  
Christian Sarkine  
Autism Treatment Center

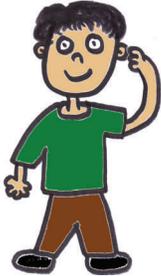


Because I have autism, I may have a hard time with three things that are easier for other people:



1. Talking and knowing what to say
2. Making friends
3. Doing things over and over

Because I have autism, my brain may need to be taught how to do things that are easier for other people. I may learn differently. But everyone has things that are easier for them and things that are harder for them.



Everyone is good at some things (STRENGTHS) and not as good at other things (WEAKNESSES).

Can I sing?

Can I draw?

Can I run fast?

Can I add numbers?

Can I write words?

Can I cook?

### What are my strengths?




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### What are my weaknesses?




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Some of my other strengths might be...

- Understanding pictures
- Paying attention to one thing
- Learning routines
- Learning small bits at a time
- Playing with people they know well



...some of my weaknesses might be...

- Understanding words
- Moving to new activities
- Learning a new way to do things
- Making new friends



### Questions about Autism

1. How did I get autism?

*Nobody knows for sure—but it's nothing you did or your parents did. Autism is just as much part of who you are as your hair color or eye color.*

2. Will my autism go away?

*You will have autism your whole life, just like you will always have the eye color you have. You can learn ways to make things easier for yourself and how to have others help you do the best you can.*

3. Does having autism mean there is something wrong with me?

*Autism is a word that is used to explain why it's hard for you to do things that are easier for other people. There is nothing wrong with you, you have lots of things you are good at just like everyone else. Sometimes you may just need some extra help learning new things.*

4. What can I do now that I know I have autism?

*You can learn ways to help yourself! There are lots of things you can do that use your strengths to help you learn new things. You can remember to ask for help when things are hard. You can remember that it is okay to need extra help sometimes!*